



Food Chart – Adult*

Missouri Department of Health and Senior Services
Child and Adult Care Food Program

Meal	Food Component	Minimum Serving Size
Breakfast	Fluid Milk ¹	8 ounces (1 cup)
	Juice or Fruit or Vegetable	1/2 cup
	Grains/Bread	2 slices (servings)
Lunch	Fluid Milk ¹	8 ounces (1 cup)
	Meat or Meat Alternate ⁶	2 ounces
	Meat, Poultry, Fish, or Cheese, or	2 ounces
	<u>Egg (large) or</u>	1 egg
	Cooked Dry Beans, Peas, or	1/2 cup
	Peanut Butter ² or	4 tablespoons
	<u>Nuts and/or seeds³ or</u>	1 oz = 50%
	Yogurt ⁶ , plain or flavored	8 ounces or 1 cup
	Vegetables and/or Fruit ⁴	1 cup total
	Grains/Bread	2 slices (servings)
Supper	Fluid Milk ¹	Optional
	Meat or Meat Alternate ⁶	2 ounces
	Vegetables and/or Fruit ⁴	1 cup total
	Grains/Bread	2 slices (servings)
Snack (Serve 2 of 4 components)	Fluid Milk ¹	8 ounces (1 cup)
	Vegetables or Fruit or Juice ⁵	1/2 cup
	Grains/Bread	1 slice (serving)
	Meat or Meat Alternate ⁶	1 ounce

*Adult is a person 60 years of age or older or a functionally impaired disabled person 18 years or older enrolled in an adult day care center.

¹Milk must be low-fat (1%) or fat free (skim)

²Peanut butter may not be the only meat/meat alternate served for lunch or supper; another meat/meat alternate must be served with peanut butter for the meal to be creditable.

³No more than 50% of the requirement can be met with nuts or seeds; these must be combined with another meat/meat alternate to fulfill the requirement.

⁴Must serve at least two different varieties of vegetables and/or fruit at lunch and supper. A minimum of 1/8 cup of each must be served.

⁵Juice may not be served if milk is the only other component at snack.

⁶Commercially prepared yogurt may be used to meet all or part of the meat/meat alternate requirement. Four ounces (weight) or 1/2cup (volume) of yogurt fulfills the equivalent of one ounce of the meat/meat alternate requirement in the meal pattern.

Offer versus Serve Menu Service Option: Each adult day care must *offer* the participants *all of the required food components listed above*. However, at the discretion of the adult day care center, adult participants may be permitted to decline: One of the four food items required at **breakfast** (1 milk, 1 fruit/vegetable, 2 bread); two of the six food items required at **lunch** (1 milk, 2 fruit/vegetables, 1 meat/meat alternate, 2 bread), and; two of the five food items required at **supper** (2 fruit/vegetables, 1 meat/meat alternate, 2 bread).

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